



# Heritage Center

## September/October



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

**Heritage Center**  
#10 E. 6150 S.  
Murray UT 84107  
**801-264-2635**  
heritage@murray.utah.gov  
www.murray.utah.gov

### Services Offered

Arts & Crafts



Cultural Programs



Education



Exercise



Health Services



Information &  
Referral



Lunch Program



Recreation



Socialization



Transportation



Travel



Volunteer  
Opportunities

### Celebrate National Senior Center Month

2015 Theme — "Celebrate Life at Your Senior Center!"

**Open House — Monday, September 14 — 5:00-8:00 PM**

Rib Dinner Served from 5:00-7:00 \$6-ticket needed

5:15-6:00 "Big Easy" (*Oldies but Goodies*)

6:30—New Pickleball Courts Ribbon Cutting

7:00-8:00 "Wasatch Jazz Project" (*Big Band Music*)

5:00-7:00 Painting class demonstration and Art Truck  
featuring Mary Toscano — See the article on page 18



### Year End Golf Banquet—Monday, October 5

5:00 PM—Cost is \$5 for golfers and \$8 for a guest

Payment & registration due by October 1

Remaining tournaments—9/14 Glen Eagle & 9/28 Meadowbrook



### Oktoberfest—Friday, October 9

featuring "Polka Doodle-Do"

\$8 Advance ticket needed, choose your table  
at the time of registration.

Seating is limited and tickets go on sale September 15.

See the article on page 13.

## Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 or email [sgregory@murray.utah.gov](mailto:sgregory@murray.utah.gov)

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center. Personal notices for participants are charged the rate of 50¢ per line per issue.

## Newsletter—Notary—Gift Certificates—Credit Cards

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at [www.murray.utah.gov](http://www.murray.utah.gov) or mailed to your home with a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1.00 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

**Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!**

## Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

## Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

### Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Becky Sanborn

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Kitchen Assistants—Amanda Huckabee & Nathan Root

Dishwasher — Eric Fredrickson

Custodian — Don Smith

Vehicle Driver — Robert Himes

Building Attendant — Pete Wright

### Heritage Advisory Board

Judy Baxendale, Brenda Clausen, Charlotte Cox, Kathy Houston, Jenny Martin, Erich Mille, Greg Waldron, Pete Wright, Rod Young

## Scholarship Program

In an effort to enable all senior adults access to Center programs, activities and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. Applications are available at the front desk or see the Center Director.

## Congratulations and Thank You Aaron Emmett Saathoff

Aaron was born on the Saathoff family farm at 1245 So. Redwood Road on Sept. 6, 1928. He never had need for a birth certificate copy until after he was married. When applying for one he was surprised to discover the name on the certificate was "Baby Boy Saathoff". He eventually corrected his name on the certificate to Aaron Emmett Saathoff. He attended Edison Elementary, Jordan Jr. High and graduated from West High School in 1947. At West High, Aaron played on the football team and took a number of shop classes. He worked many part time jobs including warehouse work, delivering the Salt Lake Telegram and Tribune and as a janitor at Firestone Tire & Rubber Co. After a short time at Kennecott Copper, he started working at Utah Power & Light Co. in the Transmission Engineering Dept. working his way up through the ranks to a Project Sponsor.

In January 1950, Aaron met Dona Lou Reid at a dance and shortly got engaged with the intent of marrying later that year. But Aaron was drafted into the United States Army and eventually deployed to Incheon, South Korea. He was honorably discharged after eight months of active combat duty in Korea in 1952 with the rank of Corporal. He also received the Combat Infantry Badge, Japan Occupation Medal, Korean Service Medal with three bronze stars and a letter of commendation. Fifty years later he received the Republic of Korea War Service Medal. On Sept. 12, 1952, Aaron married Dona in Magna, Utah. He returned to work at Utah Power & Light Co. where he remained until 1968, when he accepted a position with the L.E. Myers Co. where he was Western Division Manager and was able to travel over the western United States and Alaska.



Aaron and Dona purchased property on the East Fork of the Salmon River in Idaho in 1968 and added a cabin, parking spaces for their RV friends and other improvements. They spent most of the summer months at the cabin and the occasional Christmas and New Years. They enjoyed camping, fishing, river rafting, BBQ's and entertaining friends and family with good old fashioned friendship. The cabin is also the place where he cuts the willow shafts from which he makes beautiful hand carved walking sticks that he donates to the Center to sell. The Center has raised over \$1500 through the sale of Aaron's handmade walking sticks and canes. He will customize the length and even engrave your name.

After Aaron retired in 1991, he and Dona took a three month RV tour through Canada and Alaska. They also traveled to Southern Utah to visit the National Parks and other points of interest. Aaron and Dona were married 51 years when Dona passed away in 2003. They have one daughter, two grandsons, two daughter-in-laws and two great grandsons. Aaron has also been an active Mason for 50 years. His saying is, "Old fishermen never die, they just lose their lure." We will honor Aaron Saathoff as Volunteer of the Month on **Wednesday, September 16 at noon.**

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**Volunteers Needed**—If you'd like to get involved and become a regular volunteer, talk to any staff person to set up a brief interview and discuss the areas where we need help. Currently we are looking for help in the following areas: **Volunteer Drivers**—Drive the 14 passenger mini bus once a week or twice a month. **Plants & Vestibule**—Assist Don twice a week by watering the plants and cleaning the entryway on Monday & Thursday. **Table Take Down**—Take down tables and chairs on Wednesday or Friday after bingo. **Monday Breakfast and Family Concert Set Up**—Assist Don with the set up of the Monday morning breakfast program and the once a month family concerts held during the summer months. **Monday Movie**—Set up the chairs, get the popcorn ready and start the Monday movie. **Gadget Volunteer**—Assist participants with gadgets such as phones, cameras and tablets.

## Fit to a T

The Center is pleased to have three presentations relating to Fall Prevention Month. Beginning with 'Fit to a T' which is on **Tuesday, September 15 at 10:30**. Fit to a T is a public educational program on bone health and osteoporosis. Developed by members of the U.S. Bone and Joint Initiative (USBJI) in response to the Surgeon General's first ever report on bone health and osteoporosis. Come to this free program to learn how the T-score measures bone density and estimates the risk of breaking a bone. The goal is teaching people the necessary steps to prevent or slow down bone disease before they break a bone. This is a free class, sign up now.

## Stepping On Class—Sept. 16–November 4

On **Wednesday, September 16 from 12:30 -2:30** the Center will offer the 8-week "Stepping On" class. The main focus of the class is to reduce the risk of falls and increase self confidence in situations where you may be at risk of falling. Falls are a serious problem, but can be prevented at any age. The Stepping On program utilizes a group setting for instruction and offers individualized follow-up. The program covers a range of information including: falls and risk of falls, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and understanding how to talk with your doctor in order to complete a medication review. Stepping On utilizes the latest scientific research. Stepping On is one of the programs that has been shown to be effective at reducing falls, has been translated from the original to a community based program, and has maintained fidelity to the original program. This class is facilitated by a physical therapist, occupational therapist, vision professional, and pharmacist. This is a free class, sign up now.

## Chakra Meditation begins September 14

Chakra Mediation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master, starts again on **Monday, September 14 at 10:30 and runs through Monday, November 2**. The cost for this 8-week class is \$20 or \$3 per session. Barbara will present in-depth information about how Chakras and Meditation work. She will teach you how to understand your Chakras and how to heal yourself. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on Meditation and how to activate and keep your Chakras balanced. The word Chakra is Sanskrit for wheel or disk. It signifies one of the seven basic energy centers in the body which are the opening for life energy to flow into and out of your aura.

## Senior Learning Network — Learning never stops



Through the wonders of technology (video conferencing), the Center will continue to offer some special

interactive presentations from around the country through the Senior Learning Network. Join us on **Tuesday, September 15 at 12:00** for "Answering the Call of a Nation" offered by the U.S. Army Women's Museum. The program will talk about how American women stepped forward during World War II to fill an array of jobs. From factory workers to uniformed military members, these brave American women helped win the war and usher in new economic and social changes that will forever alter the role of women in American society.

On **Thursday, September 24 at 11:30**, the Amon Carter Museum of American Art presents "Painters and Place" a virtual gallery tour and interactive discussion focusing on how Stuart Davis, Marsden Hartley, Georgia O'Keeffe and other well-known American artists of the early twentieth century were inspired by each other and their surroundings.

Finally on **Wednesday, October 14 at 12:30**, the Minuteman Missile National Historic Site will give a tour of the remnants of the Cold War, the **Minuteman Missiles** which held the power to destroy civilization. We will visit an underground launch control center and missile silo to learn how nuclear war came to haunt the world, yet the same destructive forces acted as a deterrent keeping the peace for three decades.

These are free classes. Sign up now for these informative presentations.



## Let's Talk About Hearing Loss

On **Wednesday, September 23 at 12:00, Let's Talk about Hearing Loss** will be presented at the Center. The Utah Division of Services for the Deaf and Hard of Hearing will be at the Center to present "Let's Talk About Hearing Loss." Is your life impacted by someone with hearing loss? This presentation is an introduction to hearing loss, whether it's your own or someone else's. It explains why sometimes it is very easy to hear and other times it can be very difficult...and it isn't selective hearing! Learn coping strategies and ways for dealing with the situations that cause communication breakdowns. They will also offer information on technology and resources available to help maintain your quality of life. Bring your questions and Let's Talk about Hearing Loss.

## Vital Aging—September/October

On **Tuesday, Sept. 22 at 10:30**, we will present a new wellness class called: **"Join the Voices for Recovery: Visible, Vocal, Valuable!"** This class encourages people to openly discuss behavioral health condition and the reality of recovery. Community resources and assistance will be discussed.

On **Tuesday, Oct. 27 at 10:30**, our wellness class will be: **Improving Your Memory**. Learn to cope with memory changes through gaining an understanding of what is normal and what can be prevented or compensated for. The class will investigate these challenges as well as how to improve your memory through exercise, diet changes, life-long learning and play.

Tiffani of the Vital Aging Project will be at the Center at 10:00 just before the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life. These are free classes, sign up now.

## Gadget & Computer Classes



The computer lab has 6 personal computers running Microsoft Windows 7 and one with Windows 8. Computers are available any time a group class is not being held. The Center also has an iPad available to use while at the Center if you'd like to try out a tablet. There is no charge to use the computers, but printing is 5¢ per page and users must sign-in and list the computer they are using.

Private Gadget & Computer Help is available for \$3 for a one hour session on Monday with Calli, Tuesday with Bob, and Thursday with Ann. Sign-up and pay in advance and come to your lesson prepared to ask the instructors questions.

### September & October group classes:

iPad Basics—get to know your iPad in this 2 session class on **Wed., Sept. 16 & Fri., Sept. 18** from **12:30-1:30**. The cost is \$5, sign up at the front desk and bring your iPad. Instructor: Susan

Computer Basics—Learn the basics of a windows operating system, saving to a flashdrive, and basic word-processing in this 5 session class on **Mon., Wed., Fri., October 12, 14, 16, 19, 21** from **12:30-1:45**. The cost is \$15, sign up at the front desk. Instructor: Susan

## Fall Prevention Presentation

On **Friday, September 25 at 10:30** a Physical Therapist will be at the Center to discuss issues regarding falls. One in three seniors aged 65+ falls each year, and this number increases to one in two seniors by the age of 80. Falls are the number one cause of injury-related death. Falls are **NOT** a normal part of aging. The number of falls can be substantially reduced through evidence-based interventions, life-style changes, and community partnership. Come and learn how you can prevent a fall that could threaten your health and independence. This is a free class, sign up now.

## AARP Smart Driving Class—signup dates below for this popular class

The AARP Smart Driving Class will be held **Monday, Sept, 28 or Oct., 26** from **9:30-2:30**. Sign up for the Sept. 28 class starts on Aug. 24 and sign up for the Oct. 26 class starts on Sept. 28. The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee at the start of the class. Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending this class.

## Wednesday Painting: Oil & Watercolor

The current Wednesday painting class is full. A new six week session will begin on **Wednesday, October 7 at 9:00-12:00** and will run through **Wednesday, November 18**. The cost is **\$30** and payment is needed in advance. Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in watercolors. She will also be teaching oils. Sign up for this class will begin on September 1. Space is limited to 17.

## BEGINNING Watercolor Class

A six week **Beginning** Watercolor Class will start on **Monday, September 21** and run through **Monday, October 26**. Class time is **9:00-12:00** and the cost is **\$30**. John Fackrell will be the instructor. Students will learn the basic concepts and principles of watercolor by watching beginning level demonstrations and working on techniques featured in the demo.

**Session One:** World of Colors. Learn how to blend wet on wet and paint pine trees. John will demonstrate the basic types of wash techniques and teach you about color groups that will make your paintings a success. At the end of each lesson you receive printed information about the next lesson plan. Each student will need to bring their own supplies. When you register for the class, pick up the supply list at the front desk. John often purchases his supplies at cheapjoes.com and they should have all the supplies you will need. Space is limited to 12, sign up now.

## Medicare—New Retiree Class

On **Tuesday, October 6 at 10:30**, S.L.County Aging Services will be at the Center to present options on Medicare choices. You may be just turning 65 this year and you have thousands of questions about Medicare. Maybe you need to know about obtaining Part-D prescription coverage. Maybe you need help reviewing available Medicare Plans. This representative will cover the changes in Medicare for 2016, give a presentation of the four parts of Medicare, A, B, C, & D and answer all your questions. Bring your list of questions or concerns and do not miss out on this informative presentation. Open Enrollment for 2016 starts October 15-December 7. This is a free class, sign up now.

## Flu & Pneumonia Shots

Community Nursing Services will be at the Center on **Tuesday, October 13 from 10:00-12:00**. You will be able to choose the regular Influenza Vaccine (Trivalent three strain), or High-Dose Vaccine (for over 65), and Pneumonia shots. This year, Prevnar 13 (PCV13) is recommended for all seniors 65 years of age and older that have not previously received this pneumococcal vaccination. The best time to come on flu shot day is NOT at the very beginning and fasting is not necessary. You **MUST** bring with you to the flu shots: your Medicare card (and have Part B) and photo ID. Community Nursing Services is contracted to directly bill the plans: Arches (plan under Altius), Aetna, Altius, Ameriben, Blue Cross, Blue Shield, Value Care, Healthwise, Federal Blue Cross, Direct Care Administrators, DMBA, EMI Health Plan (Educators Mutual), GEHA (plan under United Health Care), Integrated (plan under United Health Care), Meritain Health, PEHP/Summit Care, Select Health, United Health Care, U of U Health Plans, UMR (plan under United HealthCare), **Medicaid plans including:** Healthy U, Molina, Traditional Medicaid, Medicare part B, and some Medicare Advantage plans. Both are covered by Medicare Part B with no co-pay. **If you don't have insurance**, the regular shot is \$35, High Dose \$50, Pneumonia (PPSV 23) \$90, and Prevnar 13 is \$190.00. As we age, our immune system weakens and our ability to fight illness decreases. Adults age 65+ are more vulnerable to influenza. Vaccination is safe, effective, and considered to be the best way to help protect against influenza. If you are interested in the Prevnar 13, please sign up for that at the front desk now. No other flu shots need a sign up.

## Card Making Class—October 8

Making cards is simple when all of the supplies are cut and ready for you. This will be the case at the **Thursday, October 8** card making class at 12:00 noon.

The cost is \$11 and everything will be cut and ready to make 4 greeting cards using products from "Close to my Heart". All you have to bring are scissors and double backed tape. The paper and all other embellishments will be provided. Samples are in the display case. Sign up and pay now for this new class.



## Barber Shop is Open



The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. The cost of this service is **\$8**. Only haircuts and trims are being offered at this time. The barber is Jocelyn Anderson.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

## Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, October 29 from 9:30–12:00** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now. *Dr. Shelton is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.*

## Classified Ads

Classified Ads can be placed by Center Participants for \$5 (50 word limit). If you'd like to sell something or wish someone a happy birthday, the next available issue will be in the November/December issue and the deadline to submit is October 15. Ads selling something will need a phone number. See the front desk if you'd like more information. The Center has the right to refuse any ad and does not endorse any ad. All transactions made through the ads must be done outside of the Center and not inside the Center.



### Ladies Western Boots

Value \$125, will sell for \$50. All leather, like new, only worn twice. Fancy stitched straps for easy pull on. Color-Tan, Women size 8-9. Must see, call Charmaine at 801-262-1694.

### New Leather Back Pack

Black pack for your laptop, etc. Has divided section. Value at \$165, will sell for \$70 or best offer. Must see. Call Charmaine at 801-262-1694.

### In Loving Memory

In memory of Roger J. Horne a donation was made to the Heritage Center by Berly O'Connell and Wade & Sandra Higgs family. Thank you for your donation.

**Massage Therapy** — Sue Corder, a Nationally Certified and Utah State Licensed massage therapist provides massage therapy on Fridays from 11:45-3:30. Schedule a half hour for \$18 or an hour for \$36. Payment is needed in advance and paid to the Heritage Center.

## Attorney Consultation

An attorney will be available for free 20 minute legal consultations on **Tues., Sept. 8** or **Tues, Oct. 13** from **11:00-1:00**. Appointments are needed. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but not attempt to represent you.

## Blood Pressure



Blood pressure and glucose screening is offered on the following days: **Thursday, September 3** **Friday, September 18; Thursday, October 1; Friday, October 16.** All screenings are from 11:00-12:00. A special thanks to Rite Aid and Garden Terrace for providing this service.

## Medicare Help

Need help with Medicare or supplement issues? Sign up for help on **September 15** or **October 20**. Bring documents related to the issues and a volunteer from SHIP will help you out. Appointment needed.

## Look What I Made

Make a Scarecrow door hanger on **Tuesday, Oct. 13** at 2:00. Cost is \$5 and class is limited to 12. Sign up begins on September 15. Thank you Susan Callaway for providing this class.

## Billiard Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

## Cards

### Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



### Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three handed bridge will be played, if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

### Canasta—Tuesday at 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

## Game Day

Make new friends and learn a new game every **Thursday at 12:30** in the card room. Volunteers will bring their favorite games — Dominos, Mexican Train, Rummikub, etc. — and teach you how to play.

## Birthday Wednesday — September 2 & Oct. 7



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

## Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the 1st Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played.

## Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

## Pickleball

**Pickleball** is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. Learn how to play Pickleball at the Center every **Monday from 10:15-12:00** or **Thursday from 9:00-11:00** in the dining room.

Drop in play is every **Tuesday and Thursday from 8 am to noon and Friday from 6 pm to 9 pm at the Park Center in Murray Park**. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25. The Heritage outdoor courts will open Sept. 14.

## Happy Hatters

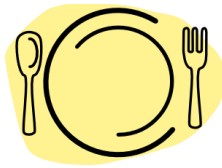
The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday at 12:45** to play Hand & Foot. Upcoming meetings: **Sept. 3 & 17 and October 1 & 15**





# September 2015—Heritage Center Menu

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NO RESERVATIONS NEEDED unless it is a \*special event  
Lunch is served anytime between 11:30 – 12:30  
Pay and make your selection when you are ready to eat.  
If the main entrée doesn't appeal, try a sandwich or salad option.  
Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>TURKEY CRANBERRY SANDWICH</b> Chips Fruit Mint Brownie	<b>2</b> <b>SHREDDED BEEF ENCHILADAS WITH JALAPEÑO CREAM</b> Cilantro Salad Birthday Cake & Ice Cream	<b>3</b> <b>TERIYAKI TURKEY BURGER</b> Slaw Apple Spice Cake	<b>4</b> <b>JAMBALAYA</b> Green Salad Malted Milk Chocolate Chip Cookie
<b>7</b> <b>CLOSED</b>	<b>8</b> <b>STEAK FAJITA</b> Rice and Beans Tres Leches Cake	<b>9</b> <b>CHICKEN AND BISCUITS</b> Green Salad Almond Joy Oatmeal Cookie	<b>10</b> <b>PORK AND GREEN CHILE TAMALES</b> Slaw Pavlova	<b>11</b> <b>CUBAN SANDWICH</b> Chips Tomato Salad Praline Brownie
<b>14</b> <b>OPEN HOUSE</b> Rib Dinner served from 5:00-7:00 \$6-advance ticket 7:00—Wasatch Jazz Project	<b>15</b> <b>EGG SALAD SANDWICH</b> Chips Fruit Peach Cobbler	<b>16</b> <b>MONTEREY CHICKEN</b> Roasted Potatoes Veggies Berry Vanilla Cloud Cake	<b>17</b> <b>MEATLOAF</b> Mashed Potatoes and Gravy Carrots Frog Eye Salad	<b>18</b> <b>JALAPEÑO GARLIC TILAPIA</b> Pasta Zucchini Flan
<b>21</b> No Lunch Served	<b>22</b> <b>CHICKEN WELLINGTON</b> Corn Casserole Veggie Oatmeal S'mores Bar	<b>23</b> <b>FRENCH DIP SANDWICH</b> Cheesy Onion Casserole Salad Root Beer Float Cookie	<b>24</b> <b>THAI CHICKEN ENCHILADAS</b> Slaw Banana Split Pie	<b>25</b> <b>CRUNCHY ONION BURGER</b> Potato Salad Fruit Apple Toffee Blondie
<b>28</b> No Lunch Served	<b>29</b> <b>TERIYAKI SALMON</b> Rice Pilaf Veggie Oreo Fluff	<b>30</b> <b>CHICKEN FRIED STEAK</b> Mashed Potatoes and Gravy Peas Squirrel Cake		



2015

## Heritage Center Events

Heritage  
Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to  
serve you

Monday-Friday

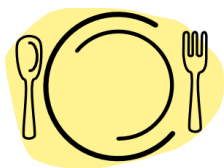
8:00-4:30 and

Thursday until  
10:00 PM

Monday		Tuesday	
		8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	1
Center Closed 	7	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:00 Attorney Consultation 11:30-12:30 Lunch 12:30 Exercise Help / Find Happiness 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing 2:00 Wood Craft Class	8
8:30 Golf—Glen Eagle 9:00 NIA 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: Still Alice 2:00 Strength Conditioning 5:00 Open House 7:00 Concert: Wasatch Jazz Project	14	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing / 10:30 Tai Chi 10:30 Fit To A T 11:00 Canasta 11:30-12:30 Lunch 12:00 SLN—Answering the Call 12:00 Medicare Counseling 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing 2:00 Wood Craft Class	15
9:00 NIA 9:00 Beginning Watercolor Class 9:15 Computer Help 10:00 Ogden Front Runner Trip 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie McFarland 2:00 Strength Conditioning	21	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi / 10:30 Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	22
8:00 Golf—Meadowbrook 9:00 NIA 9:00 Beginning Watercolor Class 9:15 Computer Help 9:30 AARP Smart Driving 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: Woman in Gold 2:00 Strength Conditioning	28	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:00 Golden Spike Monument 10:30 Tai Chi / 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Medicare Help 2:00 Beginning Line Dancing	29

Wednesday		Thursday		Friday		Page 11
9:00 Painting	2	8:30 Ceramics	3	9:00 Zumba	4	
9:15 Pinochle		9:00 Stretch & Tone/Pickleball		10:00 Yoga		
10:00 Yoga		11:00 Blood Pressure/Glucose		11:00 Greek Festival		
11:15 Chair A'Robics		10:30 Tai Chi		11:15 Chair A'Robics		
11:30-12:30 Birthday Lunch		11:30-12:30 Lunch		11:30-12:30 Lunch		
12:45 Bingo		12:30 Game Day / Exercise Help		11:45 Massage		
1:00 Bridge		12:45 Happy Hatter's		12:45 Bingo		
		1:00 Computer Help		1:00 Bridge		
		2:00 Strength				
		7:00 Dance				
9:00 Painting	9	8:30 Ceramics / Wendover	10	9:00 Zumba	11	
9:15 Pinochle		9:00 Stretch & Tone		10:00 Yoga		
10:00 Yoga		9:00 Pickleball		11:15 Chair A'Robics		
11:15 Chair A'Robics		10:30 Tai Chi		11:30-12:30 Lunch		
11:30-12:30 Lunch		11:30-12:30 Lunch		11:45 Massage		
12:45 Bingo		12:30 Game Day		12:45 Bingo		
1:00 Bridge		12:30 Exercise Help		1:00 Bridge		
		1:00 Computer Help				
		2:00 Strength				
		3:30 Jam Session				
		7:00 Dance /UTE RC				
9:00 Painting	16	8:30 Ceramics	17	9:00 Zumba	18	
9:15 Pinochle		9:00 Stretch & Tone/Pickleball		10:00 Yoga		
10:00 Yoga		10:00 Ogden Front Runner Trip		11:00 Blood Pressure/Glucose		
11:15 Chair A'Robics		10:30 Tai Chi		11:15 Chair A'Robics		
11:30-12:30 Lunch		11:30-12:30 Lunch		11:30-12:30 Lunch		
12:30 Stepping On		12:30 Exercise Help		11:45 Massage		
12:30 iPad Basics		12:30 Game Day		12:30 iPad Basics		
12:45 Bingo		12:45 Happy Hatters		12:45 Bingo		
1:00 Bridge		1:00 Computer Help		1:00 Bridge		
		2:00 Strength				
		7:00 Dance				
9:00 Painting	23	8:30 Ceramics	24	9:00 Zumba	25	
9:15 Pinochle		9:00 Stretch & Tone/Pickleball		10:00 Yoga		
10:00 Yoga		10:30 Tai Chi		10:30 Fall Prevention Presentation		
11:15 Chair A'Robics		11:30 SLN—Painters and Place		11:15 Chair A'Robics		
11:30-12:30 Lunch		11:30-12:30 Lunch		11:30-12:30 Lunch		
12:00 Let's Talk About Hearing Loss		12:15 Heber Creeper		11:45 Massage		
12:30 Stepping On		12:30 Exercise Help / Game Day		12:45 Bingo		
12:45 Bingo		1:00 Computer Help		1:00 Bridge		
1:00 Bridge		2:00 Strength				
		7:00 Dance				
9:00 Painting	30					
9:15 Pinochle						
10:00 Yoga						
11:15 Chair A'Robics						
11:30-12:30 Lunch						
12:30 Stepping On						
12:45 Bingo						
1:00 Bridge						

## October 2015—Heritage Center Menu



NO RESERVATIONS NEEDED unless it is a \*special event  
 Lunch is served anytime between 11:30 – 12:30  
 Pay and make your selection when you are ready to eat.  
 If the main entrée doesn't appeal, try a sandwich or salad option.  
 Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>MUFFALETTA</b> Pasta Salad Fruit Mississippi Mud Brownie	<b>FIESTA LIME CHICKEN</b> Rice Cilantro Salad Churro
No Lunch Served <sup>5</sup>	<b>SHEPHERDS PIE</b> Green Salad Carrot Cake	<b>ROASTED CHICKEN LEGS</b> Baked Potato Casserole Veggies Birthday Cake & Ice Cream	<b>ONION CHOPS</b> Baked Potatoes Brussels Apple Cobbler	<b>*Oktoberfest \$8 Advance Ticket</b> Chicken or Brat-wurst and lots more!
No Lunch Served <sup>12</sup>	<b>CLAM CHOWDER</b> Salad Biscuits Whip Cookie	<b>CHICKEN PICCATA</b> Roasted Potatoes Veggies Triple Chocolate Poke Cake	<b>GYRO</b> Oven Fries Greek Salad Apple Pie Parfait	<b>DILL SALMON</b> Baked Potato Green Beans Napoleon
No Lunch Served <sup>19</sup>	<b>CITRUS CHICKEN</b> Rice Pilaf Broccoli Raspberry White Chocolate Chip Cookie	<b>CORN CHOWDER</b> Apple Berry Salad Lemon Blueberry Cookie	<b>SWEDISH MEATBALLS</b> Rice Green Beans Banana Cinnamon Roll Cake	<b>INDIAN SPICED CHICKEN</b> Rice Cauliflower Butterscotch Cupcake
No Lunch Served <sup>26</sup>	<b>TORTELLINI ALFREDO</b> Broccoli Tiramisu	<b>TARRAGON CHICKEN</b> Rice Pilaf Veggies Grasshopper Pie	<b>POSOLE SOUP</b> Cilantro Salad Fried Ice Cream Cake	<b>POT ROAST</b> Mashed Potatoes Gravy Carrots Apple Cinnamon Lasagna



## Pickleball

### Outdoor Courts Ribbon Cutting Monday, Sept. 14—6:30

The new outdoor Pickleball courts will be open for play September 14. Join the Heritage Center and SelectHealth for a Learn to Play Pickleball event, **Monday, September 14** in conjunction with our Open House. Learn to play from 5:00-6:30 and at **6:30** we will have a Ribbon Cutting Ceremony along with a prize giveaway. The Heritage Center is fortunate to have such a beautiful new asset.

### Soiree-Evening Party highlights Painters

## Soiree

The Center is pleased to announce our first ever **Soiree- Evening Party** on the patio, **Thursday, October 1 from 5:00-7:00 PM.**

The cost is \$5 and advance tickets are needed. What is a way to have your treat and “see” it too? Come to the Center’s first event of October featuring paintings by the talented artists who paint weekly at the Center. Enjoy delicious hors d’oeuvres and desserts between 5:00-7:00. You will be amazed at the talent the Center artists have. This will give you an opportunity to visit with our artists, stroll on the patio, and experience some delightful art work. Tell your friends and family to come and join in the fun!

### Brunch Café Thank You

The Center wants to say “Thank You” to all the volunteers and participants who helped make this summer’s Brunch a success. Without our faithful volunteers we would not be able to enjoy such a tasty Brunch. Thank you Calli for all her help with the Brunch, it is a huge undertaking each week. Thank you volunteers: Richard Espinoza, Adam Schweitzer, Dottie McLean, Sue Benton, Jaycie Haroldson, Vickie Mower, Select Health Employees, Mary Plott, and Leda Wright (flowers on the patio).



The annual Oktoberfest will be held on **Friday, October 9 from 11:00-1:30**. Registration for this event begins on Tuesday, September 15. The cost is **\$8** and includes lunch and entertainment by the Polka Doodle Doo band. Purchase all or any portion of a table (*8 seats*) when you buy your ticket and let the desk know if you would like Chicken or Bratwurst for lunch. This party has been sold out every year since 1989. Do not delay in purchasing your tickets or group table. Register early, seating is limited and tickets go quickly.

*Polka Doodle Doo* features Kevin Scott, a local accordionist who has been playing German folk songs for tourists for the last seven years at the Goldener Hirsch in Deer Valley (a *Stein Erickson property*), as well as Adolph’s in Park City. Kevin is also well known for playing piano at Pioneer Theater and Ballet West. “Have drums, will travel” reads the card of this versatile percussionist. Mark Chaney has accompanied a diverse group of artists, including Bobby McFerrin, Mose Allison, Elvin Bishop, Herb Ellis, Laure Masse, Von Freeman and Joe Henderson. Rounding out the Doodlers is Pamela Lemons on the clarinet. She is musically active with a number of Salt Lake groups and lived in Germany playing in polka bands for 10 years.

### Increasing your Happiness

#### To Do:

1. Don't Worry
2. Be Happy

Come to this one hour presentation with Jody Davis from Care Source and join in the discussion on ways to find or improve your happiness later in life. Often changes as we age lead to greater challenges and increased losses in life. Come and join in this discussion on how to keep happiness in your life. The class will meet at **12:30 on Tuesday, September 8**. This is a free class, register now.

## Outdoor Pickleball

Once the new outdoor pickleball courts are completed, learn to play days will continue on Monday & Thursday mornings but the group will move outside when weather is good instead of using the dining room floor. Until a gate is in place to close off the patio, the courts will not be open in the evening hours. When the gate is installed the courts will be open sun up to sun down.

## Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

## Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons 12:45 to 4:00** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

## Newsletters

Newsletters are available at the front desk (1.00 donation), online at [www.murray.utah.gov](http://www.murray.utah.gov), emailed to those who have an active participant card and have provided an email address, or a yearly subscription for \$20 can be purchased and the newsletter will be mailed to your home each month.



**Square Dancing** has been cancelled until further notice. Thank you Don Carlton for sharing your talents with others at the Center. We've had a lot of fun dancing for many years!



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds.

The Center has received \$1000 this year from the cards. Thank you Chuck-A-Rama and those who purchase the cards!



Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**, but only IF you link your rewards card to the Heritage Center. Last quarter we received a check for \$77. To enroll in the Community Rewards Program, go to [smithsfoodanddrug.com](http://smithsfoodanddrug.com) and register your card for the Heritage Center. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

## Join us on Monday for Free Movie & Popcorn Showtime is 1:00



September 14 - **Still Alice** (2014) 101 minutes - Drama

September 21 - **McFarland, USA** (2015) 129 minutes - Sports Drama

September 28 - **Woman in Gold** (2015) 109 minutes - Drama

October 5 - **Hot Pursuit** (2015) 87 minutes - Comedy

October 12 - **Age of Adaline** (2015) 112 minutes - Drama/Romance

October 19 - **Cinderella** (2015) 105 minutes - Family/Romance



## Exercise every day...

### NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

### STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

### STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

### TAI CHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

LINE DANCING—\$1.50 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

CHAIR A-ROBICS—Free

Wednesday & Friday 11:15-11:45

### YOGA

Wednesday Power Yoga, Friday

Restorative Yoga 10:00-11:00

\$15 per month, punch pass, or \$3

### ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

### EXERCISE ROOM

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

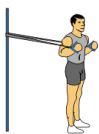
Total Fitness Pass—\$30 per month—unlimited classes & use of the exercise room.

**The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.**

## U of U Exercise & Sports Volunteer Students

A new group of students from the U of U Exercise & Sports Students will start at the Center on Tuesday **Sept. 1. They will be here every Tuesday & Thursday at 12:30-2:00.** The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our most popular classes as participants en-

joy improving their fitness skills and their general knowledge about fitness. The students also offer one-on-one-help, sign up for that service in the exercise room.



Have you tried the wall mount for resistance training? The U of U students will be available on Tuesday and Thursday to

demonstrate how to incorporate the bands into your exercise routine. Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

## Total Fitness Pass

**Total Fitness Pass**—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Heritage Center plus the exercise room for an entire month. This is a great option if you are attending at least two classes a month. See the front desk if you have questions about payment options for exercise classes.



Did you know the Exercise Room is FREE if your insurance offers the Silver Sneakers Fitness or the Silver & Fit program? Give your Silver Sneakers or Silver & Fit card number to the front desk and use the room as much as you like! The Center is then reimbursed by your insurance company.



Did you know if you have the Select Health Advantage plan that your wellness reimbursement will pay for exercise classes at the Center? Just sign up and pay, keep your receipt and submit it to SelectHealth for reimbursement. They reimburse up to \$20 per month or \$240 per year for your health and wellness needs. That means The Total Fitness Pass would only cost \$10 per month after reimbursement. That's \$10 for all exercise classes and use of the exercise room!

## Center Trips



...Travel with friends

**Thursday, September 10 - 8:30 Wendover**

Travel to Wendover on **Thursday, September 10**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately 7:00 pm. You may sign up now.

**Don't forget a jacket when riding the bus. Its hard to regulate the temperature to a setting everyone enjoys.**

**Thursday, Oct. 1 - 9:30 Fall Colors Trip**

With Fall just around the corner, mark your calendars for **Thursday, October 1** for the annual Fall Colors drive. A chartered bus will leave the Center at 10:00 and return around 5:00. The cost is \$28. Space is limited and signups begin **September 9**. The bus will travel through Ogden Canyon to Huntsville where we will enjoy lunch at Hunstville Barbeque Co. For lunch you will have barbeque beef brisket or pulled pork sandwiches with sides and beverage. After lunch travel over Monte Cristo, into Woodruff and Evanston, Wyoming and down Parley's Canyon back to the Center.

**Wednesday, Oct. 28 - 9:00 Grantsville Breakfast**

Once again our Center bus will be headed to the Grantsville Senior Center for the "2nd Best Breakfast in Utah." The bus will depart the Center at **9:00** on **Wednesday, Oct. 28 for the Grantsville Senior Center**. The trip will return about noon. Cost is **\$6** for transportation and the breakfast. **Sign ups begin October 7** for this always delicious trip.

**Heber Creeper Train Ride—September 24**

Ride the Heber Creeper Express train on **Thursday, September 24**. Depart at 12:15 for lunch at the Spin restaurant in Heber then hop on the train at 3:00 for a one and a half round trip ride. Return to the Center at approximately 5:30. The cost is \$28 plus your lunch at the Spin café. Meals range from \$8-16 with menu items such as soup, sandwiches, and BBQ. Sign up starting **September 10**.

**Thursday, Sept. 17 & Monday, Sept. 21 - 10:00 Ogden Front Runner Train**

For this unique trip, we will be taking the Front Runner commuter rail train to Ogden's Historic Union Station on a museum and lunch tour. The Union Train Depot, which turned 90 years old in 2014, houses the Union Grill Restaurant, where you are free to dine on your own, and four classic museums. Your trip includes entry to all four museums; Utah State Railroad Museum, John M. Browning Firearms Museum, Browning-Kimball Classic Car Museum and the Utah Cowboy & Western Heritage Museum. You can also explore Historic 25th Street's shops and restaurants. This trip will require extensive walking to and from the station, museums, and restaurants.

The Heritage Bus will take you to the Murray UTA Front Runner stop at 10:00 and will pick you up again at 4:30 on Thursday, Sept. 17 or a second trip on Monday, Sept. 21. Cost is \$10 which includes your Front Runner ticket and entry into all 4 museums. Sign up for either day on September 2.

**Fri., Sept. 4 - 11:00 Greek Festival**

The Center bus will travel to the Greek Festival in downtown Salt Lake on **Fri., Sept. 4**, departing at 11:00. The bus returns at approx. 2:00. The cost of the trip is \$5 and includes transportation and entry into the Festival. Some walking involved in this trip. Sign up now for this trip. You will step off the bus on the corner of the Greek Orthodox Church where crafts, dance, music, food and tours will be available for your enjoyment. Lunch will be on your own.



**Tues., Oct. 13 & Thurs., Oct. 22 - 10:00****Pen Pals Wanted****Antelope Island State Park**

Antelope Island State Park, the largest island in the Great Salt Lake, is home to a free roaming herd of about 500 bison. Pronghorn, deer and bighorn sheep also share the rangelands that overlook the desert lake. The visitor center offers information on the island's unique biology, geology and history.

The world famous bison roundup takes place October 23-25. Volunteer wranglers will saddle up and move the Park's herd of bison from the southern tip of the island to the bison corrals on the northern end of the island.

The Heritage Center bus will depart on Tues., Oct. 13 OR Thurs., Oct 22 at 10:00 and return about 4:00 PM. Cost is \$12 and includes a sack lunch. Sign up beginning September 23 for these trips.

**Tues., Sept.29 & Thurs., Oct. 8 - 10:00****Golden Spike National Historic Site**

On May 10, 1869, the Union and Central Pacific Railroads joined their rails at Promontory Summit, Utah Territory and forged the destiny of a nation. Golden Spike National Historic Site shares the stories of the people and settings that define the completion of the first Transcontinental Railroad.

The Heritage Center bus will make two visits to the Golden Spike National Historic Site on Tuesday, September 29 and Thursday, October 8. The bus will depart at 10:00. Cost of the trip is \$12 and includes a sack lunch. Signups for these trips will begin Sept. 11.

**Sell at Winter Boutique—Dec. 4**

Crafters who would like to sell at the Winter Boutique Friday, December 7 can reserve a table on **Monday, September 21** at 8:00. The cost is **\$30** a table and tables are limited to the first 13 who sign up and pay (one table per vendor). If you desire a specific table you must come into the Center to reserve your spot. This year, in addition to the Boutique, we are offering spaces in our Art Room. Any of our Artists that paint in the Center are welcome to purchase a table for \$30. This room will be limited to 8 spots. All proceeds from the sales will be yours to keep. In addition to your \$30 table fee, the Center is asking each vendor to provide an art work or craft donation with a value of \$25 to sell at the Center's table. Donations of handmade items are currently being request for the Heritage Center table (new items only please).

The 2015-16 Pen Pal program is about to begin (October). The Center is in need of approximately 30 Senior Pen Pals who would like to write a letter once a month (Oct-May) to a 5th grade student at a local elementary school. At the end of the school year, a party is held and you have the opportunity to meet your Pen Pal. Your letter to the students is dropped off at the front desk and then two weeks later you come by the front desk to pick up your reply from the student. Letter writing is a disappearing activity and it is a fun way to bridge the generation gap. Sign the interest sheet at the front desk if you would like to be a Pen Pal.

**Veterans Needed for Special Project**

The Center, Murray High School, and West Jordan High School students will be working together to tell the stories of our Center's Veterans. This is a great opportunity for our Veterans to share their stories with some really outstanding high school students. If you are a Veteran all you need to do is sign up at the front desk and let us know that you are interested in working with a high school student. The high school students will do all the hard work. The Veterans will meet with the students several times during September–October. Times will be set up at the convenience of our Veterans. Students will write the Veteran's story and present their stories during the month of November (in honor of Veteran's Day). We are looking for any Veterans from World War II, Korea, and Vietnam. This will be a really great opportunity for both students and Veterans. Sign up now. This is a free experience for our Veterans.

## Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

### Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$4 per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In June and July our sponsors were Village Inn Mur-

ray & West Jordan, Chuck-A-Rama, Tony Summerhays, & Cindy Jones.

### Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **Sept. 10 and Oct. 8 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in remote control flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

### Jam Session

The Center sponsors a music "Jam" session for interested musicians on the **second Thursday from 3:30-5:00**. Bring your instrument on **Thursday, Sept, 10 and Oct, 8** and be ready to Jam!



### Evening Class Ideas

Do you still work part time and can't come to the Center during the day? Do you have ideas on classes you'd like to see held on Thursday evenings when the Center is open late? Give your ideas to Maureen or Susan and they'll try to make it happen.

## National Senior Center Month — "Celebrate Life at Your Senior Center" Heritage Center Open House — Monday, September 14 - 5:00-8:00

Invite friends and family, everyone is welcome, no age limit as we "show off" the Heritage Center. Enjoy a rib dinner served from 5:00-7:00. Tickets are currently on sale for \$6 and need to be purchased in advance. The menu will include: Pork Ribs, Baked Beans, Coleslaw, Roll, and Peach Cobbler with Ice Cream. Enjoy music featuring oldies but goodies from the "Big Easy" at 5:30-6:15 followed by **"The Wasatch Jazz Project"**, a 19 piece Big Band, who will conclude our summer concert series at 7:00 PM on the patio. The Center will also be featuring the art students and their art in the activities room. Stop in the "Art Truck" that will be located outside in front of the building from 5-7 and view the work of Mary Toscano, the featured artist from the Utah Museum of Contemporary Art. And try your hand at Pickleball in a "Learn To Play" event from 5:30-6:30 with a short ribbon cutting ceremony at 6:30. The Courts were a joint project with the Murray City Parks Department. A special thanks to SelectHealth for donating the Flex Court that finishes off the courts. Don't forget to purchase your quilt raffle tickets, the quilt will be given away that evening. Help us celebrate National Senior Center month and bring your family and friends for dinner & entertainment on September 14. We hope to see you there! - *Heritage Staff*



I also thought I'd get on my soap box (it's been awhile) and ask for everyone's help in trying to do what you can to get along with others when you find the temperature at the Center is not to your liking. If everyone would be willing to dress in layers, I think our problem would be solved. I have first hand experience with this at my home. My daughter complains daily that she is always cold. I tell her its because she has no padding on her bones and I'm always hot because I'm older in age and living in my own personal summer (the ladies will know where I'm coming from). If you have more than one person living in your house you've probably experienced the same issues. One person is too hot and one person is too cold. Magnify this by a hundred people and you have the problem that the Heritage Center has been facing since it was built over 35 years ago. We have people come to the front desk daily to ask for the air to be turned up or down and not ten minutes after we change the temperature someone else comes up to give us the opposite opinion. We have actually had arguments in rooms over the temperature. Before you come and ask us to change the temperature, be courteous and ask others in the room if they are comfortable or if they mind the temperature being changed. Something that might help — bring a sweater. You can take it off when you are hot or put it on when you are cold. We also have had the same issue on bus trips, so don't forget your sweater when riding the bus. We have considered setting the thermostats at a certain temperature and then not changing them throughout the day. Let me know if you have any suggestions on how to deal with this issue. Until then, we are all adults who have learned how to compromise with others. Whether it's the temperature or your favorite seat in the dining room, I'm confident we can all get along and be courteous when it comes to dealing with others. Thanks for your help —Susan Gregory/Director.

## 2015 Heritage Center Satisfaction Survey

Date \_\_\_\_\_ Zip Code \_\_\_\_\_

Your feedback and opinions are important to the staff and volunteers of the Heritage Center. We would like to know if you participate in the programs and how satisfied you are with us. Your answers can help us improve services as well as measure their impact. Please return your completed survey by Sept. 30, 2015 OR complete the survey on-line at <https://www.surveymonkey.com/s/KDWKW5X>. Thank you!!

Gender: ☐ Male ☐ Female Age: ☐ 55—59 ☐ 60—64 ☐ 65—69 ☐ 70—79 ☐ 80—89 ☐ 90+

Approximately how long have you been coming to the Heritage Center?

☐ Less than 6 months ☐ 6-12 months ☐ 1-2 years ☐ 3-5 years ☐ 5-9 years ☐ 10+ years

In general, how often do you attend classes or activities at the Heritage Center?

☐ Daily ☐ 2-4 times a week ☐ Once a week ☐ 1-3 times a month ☐ Less than once a month ☐ Never

Because I attend activities/classes at the center:

	Always	Usually	Rarely	Never	N/A
I feel happier or more satisfied with my life					
I have something to look forward to each day					
I feel that the center has had a positive effect on my life					
I see friends more often/make new friends					
I have more energy					
I am more physically active					

Center staff and volunteers:

	Always	Usually	Rarely	Never	N/A
Are friendly and welcoming					
Are professional and courteous					
Treat me with respect					
Are knowledgeable of activities at the Heritage Center					

General:

	Always	Usually	Rarely	Never	N/A
Programs offered are generally high quality					
I feel safe and welcome while at the Center					
The Heritage Center is clean and in good condition					

Programs and Services:

	Always	Usually	Rarely	Never	Don't Participate
I am satisfied with the exercise and fitness classes					
I am satisfied with the educational and other classes					
I am satisfied with the recreational/social activities					
I am satisfied with the meal program					
I would recommend the Heritage Center to a friend					

Would you like to see MORE of the following offered by the center (check all that apply):

- ☐ Fitness Classes (ex. Zumba, Yoga) ☐ Sports (ex. Golf, Tennis, Pickleball) ☐ Arts & Crafts  
☐ Computer Classes ☐ Health/Education Classes ☐ Other \_\_\_\_\_  
☐ Community Speakers ☐ Group Trips or other Social Activities

If you responded rarely or never to any of the above questions, would you please share the reason

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Do you have any other comments, questions, or concerns?

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